

PERSONAL SUPPLY KITS

The following kits are suggested items that each individual may wish to keep at the workplace or in their vehicle to use in the event of a disaster. Each kit is designed to support one person for a 72-hr period. These items may be purchased at your local supermarket, hardware, or sporting goods store.

BASIC KIT

PROVISIONS 1200 Calories a Day

- 6 Food Bars
- 6 Water Pouches

SANITATION

- 1 Packet of Tissues
- 3 Medium Plastic Trash Bags w/Ties
- 1 Large Plastic Trash Bag w/Tie
- 1 Self-Locking Plastic Bag

HYGIENE

- 6 Moist Towelettes
- 3 Sanitary Napkins
- 9 Compact Tampons
- 1 Self-Locking Plastic Bag

MEDICAL

- 2 Antiseptic Wipes
- 3 Adhesive Plastic Strips 1" x 3"
- 2 Adhesive Plastic Strips Extra Large
- 1 Tefla "Ouchless" Pad 3" x 4"
- 2 Packets Non-Aspirin Pain Reliever
- 1 Self-Locking Plastic Bag

SURVIVAL

- 1 Reflective Emergency Blanket
- 1 Extra Battery for Flashlight

LIGHT

- 1 Mini Flashlight
- 1 Lightsticks, Green

PERSONAL

- 1 Triangular Bandage
- 1 Stretch Bandage 3" x 5 yds
- 3 Packets Non-Aspirin Pain Reliever

- Medications
- Emergency Phone Numbers
- Emergency Cash

STORAGE

- 1 Fanny Pack

STANDARD KIT

PROVISIONS 1800 Calories a Day

- 9 Food Bars
- 9 Water Pouches

SANITATION

- 2 Packets of Tissues
- 4 Medium Plastic Trash Bags w/Ties
- 1 Large Plastic Trash Bag w/Tie
- 1 Self-Locking Plastic Bag

HYGIENE

- 9 Moist Towelettes
- 3 Sanitary Napkins
- 9 Compact Tampons
- 1 Small Tube Toothpaste
- 1 Toothbrush
- 1 Self-Locking Plastic Bag

MEDICAL

- 3 Antiseptic Wipes
- 1 Antibiotic Ointment
- 3 Adhesive Plastic Strips 1" x 3"
- 3 Adhesive Plastic Strips Extra Large
- 2 Tefla "Ouchless" Pads 3" x 4"
- 2 Butterfly Closures

- 1 First Aid Guide
- 1 Self-Locking Plastic Bag

SURVIVAL

- 1 AM/FM Radio w/Batteries
- 1 Emergency Reflective Blanket
- 1 Box Water Proof Matches
- 1 Whistle w/Cord
- 2 Extra Batteries for Radio
- 2 Extra Batteries for Flashlight

LIGHT

- 1 Flashlight w/Batteries
- 2 Lightsticks, Green
- 1 Lightstick, Yellow

PERSONAL

- Medications
- Extra Pair Glasses
- Emergency Phone Numbers
- Emergency Cash

STORAGE

- 1 Small Backpack

DELUXE KIT

PROVISIONS *2500 Calories a Day*

- 3 Meals Ready to Eat (MRE)
- 6 Food Bars
- 9 Water Pouches

SANITATION

- 3 Packets of Tissues
- 4 Medium Plastic Bags w/Ties
- 1 Large Plastic Bag w/Tie
- 1 Self-Locking Plastic Bag

HYGIENE

- 12 Moist Towelettes
- 12 Sanitary Napkins
- 1 Comb or Small Brush
- 1 Small Tube Toothpaste
- 1 Toothbrush
- 1 Self-Locking Plastic Bag

MEDICAL

- 3 Antiseptic wipes
- 2 Antibiotic Ointment
- 3 Adhesive Plastic Strips 1" x 3"
- 3 Adhesive Plastic Strips Extra Large
- 2 Tefla "Ouchless" Pads 3" x 4"

- 2 Surgipads 5" x 9"
- 2 Butterfly Closures
- 1 Triangular Bandage
- 2 Gauze Pads 4" x 4"
- 1 Tape 1" x 5 yds
- 1 Stretch Bandage 3" x 5 yds
- 1 Package Non-Aspirin Pain Reliever
- 1 Cold Pack
- 1 Pair Scissors
- 1 Pair Tweezers
- 1 First Aid Guide
- 1 Self-Locking Plastic Bag

SURVIVAL

- 1 Emergency Reflective Blanket
- 1 AM/FM/TV Band Radio w/Batteries
- 1 Whistle w/Cord
- 1 Pocket Knife "Swiss" Style
- 1 Box Water Proof Matches
- 1 Bottle Water Purification Tablets
- 2 Extra Batteries for Radio
- 2 Extra Batteries for Flashlight

LIGHT

- 1 Flashlight w/Batteries
- 3 Lightsticks, Green
- 1 Lightstick, Yellow

PERSONAL

- Medications
- Extra Pair Glasses
- Family Photographs
- Emergency Phone Numbers
- Emergency Cash

STORAGE

- 1 Sports\Cargo Bag